

A 3D map of Canada is shown, with the provinces and territories highlighted in red. The map is set against a light blue background. A dark blue semi-transparent banner is overlaid on the bottom half of the map.

**Tell us where you are from. Enter your name here  
and say hi in the chat.**



A photograph of a desk setup. On the left, a glass vase holds pink and red flowers. Next to it is a white cup of coffee. In the foreground, several colored pencils are scattered. A laptop is open in the center, displaying a person in a black sports bra and orange pants performing a yoga pose on a wooden floor. The right side of the image is overlaid with a dark grey diagonal shape containing text.

# Boundaries

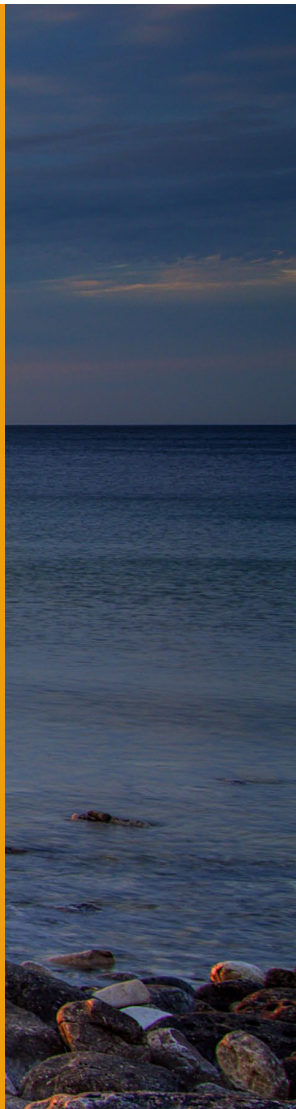
Community of Practice  
Session #3



## Land Acknowledgement

From coast to coast to coast, we acknowledge the ancestral territory of all the Inuit, Métis, and First Nations people that call this land home. We recognize the historic and ongoing impacts of colonization and are committed to decolonization of our systems and ongoing reconciliation, guided in our work by the United Nations Declaration on the Rights of Indigenous Peoples, the TRC Calls to Action, MMIWG Calls to Justice and the principles of empowerment and self-determination.

The Canadian Alliance to End Homelessness is committed to equity, dignity, justice and belonging. We are dedicated to serving equity-seeking communities as anti-racist, anti-oppressive and inclusive allies.



# Our Mission

The CAEH leads a national movement of individuals, organizations and communities working together to end homelessness in Canada.







## THE CANADIAN ALLIANCE TO END HOMELESSNESS

The CAEH leads a national movement of individuals, organizations and communities working together to end homelessness in Canada.

[caeh.ca](http://caeh.ca)



### Advocacy

The CAEH advocates for the federal and provincial policy changes needed to end homelessness.



### Allied Networks

The CAEH supports several allied networks working toward our shared mission of ending homelessness.



### Built for Zero Canada

Helping a core group of leading communities end chronic and veteran homelessness.

[bfzcanada.ca](http://bfzcanada.ca)



### Data & Policy

Revolutionizing the way communities and governments use data to end homelessness.



### National Conference on Ending Homelessness

Join us for the 2022 National Conference on Ending Homelessness, Nov 2-4, 2022.

[conference.caeh.ca](http://conference.caeh.ca)



### Training & Technical Assistance

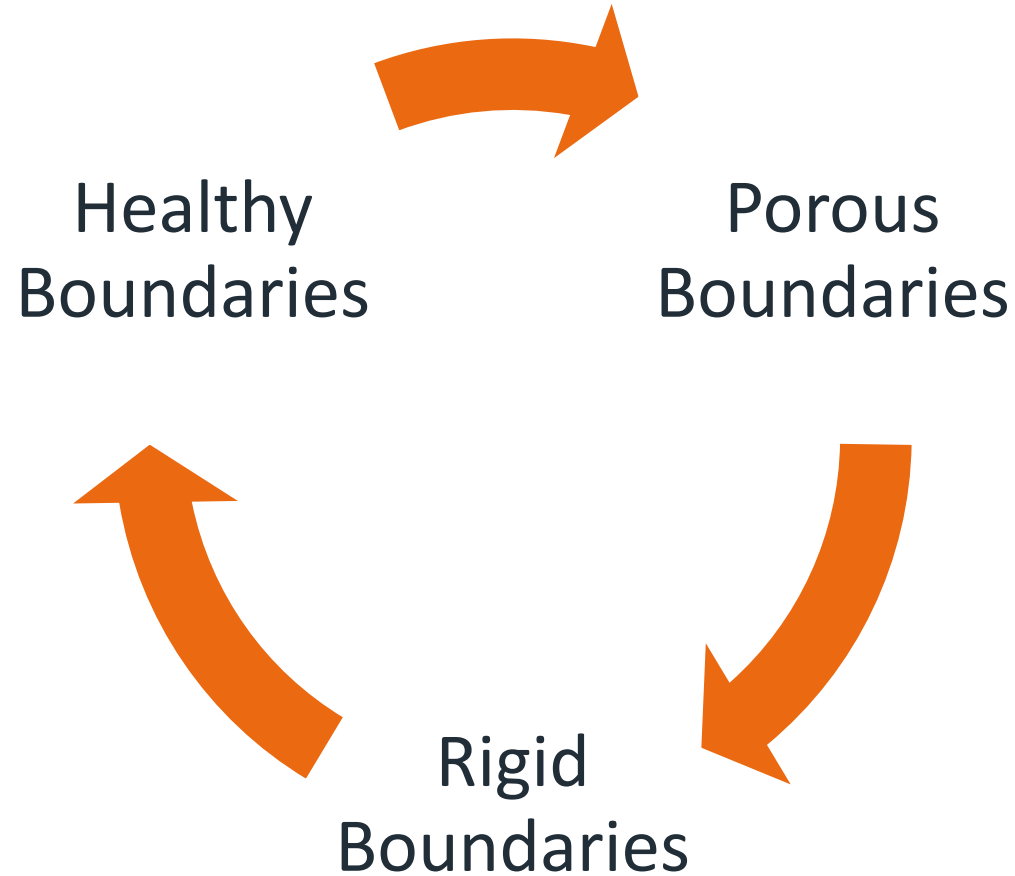
Helping communities and organizations end homelessness with expert training and technical assistance.

[training.caeh.ca](http://training.caeh.ca)



**The TTA is funded in part by the Government of Canada through the Community Capacity and Innovation funding stream of Reaching Home: Canada's Homelessness Strategy.**

# Types of Boundaries



A decorative dashed teal line curves along the top-left edge of the white circle.A solid purple circle is located at the bottom-right edge of the white circle.

# Contextual Boundaries

The way you set a boundaries in one space  
is different from how you set them in  
another space





## Strategic Check In

- What kinds of things do you do to establish boundaries and confirm that you are operating within them?
- Is this different in roles when you are in a leadership position vs. a staff position?



# Leadership by Example

Do as I say not as I do

# Tips and Tricks

What things do you do to ensure that you are sticking to your work time?

Productivity tips?





# THE WORKING MIND Training

An evidence-based program designed to address and promote mental health and reduce the stigma of mental illness in a workplace setting.

## OBJECTIVES

- ▶ Increase your awareness of mental health;
- ▶ Reduce stigma and other barriers to care in the workplace;
- ▶ Encourage mental health conversations;
- ▶ Strengthen your resilience in order to maintain wellness;
- ▶ Help you support yourself and others.

## PROGRAM BENEFITS

**Employees & Managers** who take **TWM** training have shown:

- ▶ an **increase** in resiliency skills;
- ▶ a **decrease** in stigmatizing attitudes;
- ▶ an **increase** in mental health wellbeing.

## TOPICS COVERED

### Mental Health and Stigma

Define basic concepts related to mental health and mental illness;  
Recognize the impact of stigma and discuss how to reduce stigma and other barriers to care.

### Mental Health in the Workplace

Recognize and keep track of changes in your mental health and well-being and know when to take appropriate actions; Have conversations about mental health and mental illness with colleagues, friends and family members.

### Stress and Resilience

Identify and practice coping strategies to manage stress and remain resilient;  
Identify and use available resources to support yourself.

### Supporting Your Team (Only available in Manager course)

Identify and use available tools and resources to support your team's mental health.





- 
- What area of self-care in the workplace would you like us to focus on next month? If you see someone provide the response you were going to provide, please provide it again.





# CMHA Mental Health Week May 2-8, 2022

When someone is struggling, you don't have to fix it. **Just be there.**

Before you weigh in, tune in.

**#GetReal**  
about how to help.

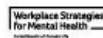
[mentalhealthweek.ca](https://mentalhealthweek.ca)



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# Thank You



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Canadian Alliance to End Homelessness

